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Shop Smart Sharpen Your Food –Buying Habits 10 Turn Leftovers into Treats
Michigan State University
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Home and Family Series
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SHOP SMART



SHARPEN YOUR FOOD-BUYING HABITS

10

TURN
LEFTOVERS
INTO TREATS

by Anita Dean and Portia Morris
Extension Specialists in Nutrition

PLAN TO USE LEFTOVERS WITHIN A DAY OR TWO

- You will save money and avoid wasting food.
- You will protect your family's health.
- Your family will enjoy their favorite foods at peak flavor and nutritive value.

Today's leftover becomes tomorrow's treat

Today

Mashed potatoes
Meat stew
Chicken

Pork Roast with potatoes and gravy
Freshly cooked vegetables

Buttered beets
Hot dogs

Roast meat

Tomorrow

Potato patties
Meat pie
Casserole, creamed chicken on biscuit,
Chicken and dressing

Pork and dressing with sauerkraut
Mixed vegetables or vegetable soup,
Tossed green salad

Pickled beets
Meat and pickle salad sandwich filling,
Sliced franks with beans or sauerkraut

Meat pie, hash, cold sliced meat, reheated
in gravy with noodles, rice, or toast, meat
turnovers made with biscuits or pastry

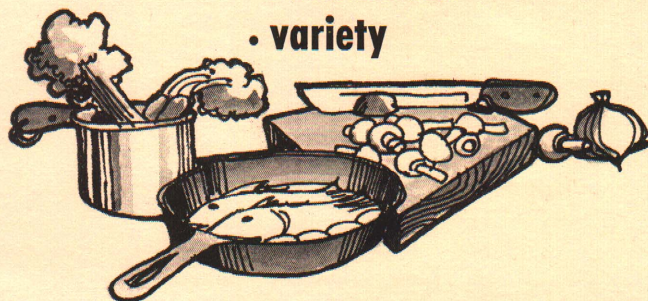
SAFE REFRIGERATOR STORAGE TIME CHART FOR COOKED MEATS

Home-cooked meat4 days
Hams, picnics7 days
Frankfurters4 to 5 days
Meat loaf (sliced)3 to 4 days
Luncheon meat (sliced)3 days

Bologna (unsliced)4 to 6 days
Dry and semi-dry sausage (uncut)2 to 3 weeks
Liver sausage (sliced)2 to 3 days
Liver sausage (uncut)4 to 6 days

BUY MORE **WITH YOUR FOOD MONEY**

- health
- pep
- satisfaction
- variety



ESCALLOPED CHICKEN

5-6 servings

2 cups chicken, cooked and cut into bite-sized pieces.

Sauce

2 tablespoons margarine or chicken fat
2 tablespoons flour
2 cups chicken broth
salt to taste
pepper to taste

Melt fat and blend in flour, stirring constantly.
Add chicken broth and seasonings and blend until thickened slightly.
Hold over low heat.

Bread dressing

3 tablespoons margarine or chicken fat
 $\frac{3}{4}$ cup celery, chopped
3 tablespoons parsley, chopped
2 tablespoons onion, chopped
4 cups (about 10-11 slices) bread, toasted and diced
1 teaspoon poultry seasoning
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
 $\frac{1}{2}$ cup chicken broth

Melt fat in frying pan.

Add celery, parsley and onion and cook until tender.

Add fat and vegetables to diced toasted bread.

Add seasonings and chicken broth and mix lightly but well.

In a greased casserole, place a layer of dressing in the bottom followed by a layer of chicken pieces and about half of the sauce.

Repeat until all ingredients have been used.

A layer of sauce should complete this casserole. Bake in a 325 degree oven for about 30 to 40 minutes.

Serve with additional hot gravy or a hot sauce, prepared from canned mushroom soup diluted with milk.